Important Information About Your Health

Tips To Help You Take Your Medicine as Prescribed

Take your medicine at the same time every day
- Try adding it with a daily routine, like brushing your teeth or getting ready for bed.
- Use timer caps for pill bottles. Some pill boxes have timers too.
- Alliance Members may qualify.
- Use a reminder or alarm feature on your mobile phone. You can set reminders for the same times every day.
- Check if your medicine should be taken on a full or empty stomach.

Organize your medicine
- Use a pill container. Refill it at the same time each week. For example, every Sunday morning after breakfast.
- Ask your pharmacist if they have special packaging that can help remind you if you have taken your medicine.

When traveling
- Bring enough of your medicine plus a few days extra, in case your return is delayed.
- If flying, keep medicine in your carry-on bag. Temperatures inside the cargo hold could damage your medicine.

The information presented by Alliance Health above is for informational purposes only. It is not intended for use in lieu of state guidelines or service definitions nor is it to be used to guide individualized treatment. Please refer to your Medicaid contract for additional details.